Future of Caregiving
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Pandemic

COVID-19 changed the future of caregiving:

- Visibility
- Equity
- Work
- Transformed Care
- Exposed Costs/Issues
- Political Attention and Advocacy
Caregivers are Visible

- 48 Million Family Caregivers in the US
- 34 Billion hours of care provided
- $470 Billion value of care offered
- 3.4 Million Family Caregivers in Texas
Caregivers are Diverse

- 4 in 10 are Male
- 17% are Hispanic/Latino
- 14% are African American/Black
- 5% are Asian American/Pacific Islander
A quarter of Caregivers are Millennials

- Average age: **30.2 years old**
- Spend **24.8 hours a week** providing care
- **Half** are the sole unpaid caregiver
- Typically working while providing care
- Report high levels of financial strain
- Least likely to report having health insurance and a greater proportion report being in fair or poor health
Millions of Students are Caregivers

- **11%** of caregivers of adults are also students, attending school full or part time (about 5 million adults)
- **7 in 10** said caregiving impacted their academic ability to at least some extent
- Most student caregivers work at least part time (**86%**)
- **6 in 10** said caregiving impacted their financial ability to pay for school
- **1 in 3** had difficulty meeting deadlines/attendance requirements
Caregivers are Working

Today, 73% of US workers are also caring for children or adults

Pre-Pandemic:
• 61% of working caregivers experienced at least 1 work related impact due to caregiving responsibilities
• Most reported going in late, leaving early, or taking time off
• 1 in 10 working caregivers had to give up work entirely or retire early
Employers are MORE Supportive

COVID is changing benefit offerings
Employer Point of View

Practices Implemented Due to COVID-19

- Study found that 56% of companies responded to the pandemic by implementing flexible work
- 60% increased benefits/offerrings
- However, some companies aren’t as familiar with the issue of family caregiving for adults, and instead favor supporting parents.
  - Many firms do not have formal written policies for employees caring for an older adult

New research shows that **75 percent** of caregivers worry about juggling work and caregiving duties once they return to the office.

**Two-thirds** of caregivers expressed concern juggling their responsibilities in the next 12 months.

**More than half** of caregivers say they received flexible schedules — and were able to work from home at least part-time — since the pandemic.

And more than 4 in 10 say they would consider looking for a new job if their employer rolls back these benefits.

Visible Faults in Long Term Care

Unvaccinated Nursing Home Staff Often Aid Residents

COVID-19 Hit Nursing Home Medicare Clients Hard

Action Needed Now on Long-Term Care Reform

4 in 5 U.S. Nursing Homes Behind on Staff Vaccinations

MEDICAL
Nursing Aides With Direct Resident Contact Least Likely to Be Vaccinated

Study suggests unvaccinated staff can spark outbreaks, even if residents have shots
Nursing Home Crisis

Nursing home resident deaths-rate per 100 residents

Nursing Home Resident Deaths and Cases
- Comparing Texas (Red) to the US Average (Gray)

https://www.aarp.org/ppi/issues/caregiving/info-2020/nursing-home-covid-dASHBOARD.html
Paid and Unpaid Workforce

• By 2030, the number of potential family caregivers for every person 80+ will decrease from 7 to 4

• In June (four weeks ending in 6.20.21), **23.5% of nursing homes in the US had an average shortage of direct care workers**
  – Nearly 1 in 4 Nursing Homes

Care is Changing

More Nursing Home Residents Get Virtual Visit Technology
As the coronavirus pandemic continues,

Feds Say Nursing Homes Should Ease Visitation Restrictions
The Centers for Medicare & Medicaid

New Rules for Visiting Nursing Homes During Coronavirus
Because of COVID-19, nursing home visits are limited to patients facing ‘imminent death’. How is that defined and what to do if you’re denied entrance.
Impact of missing caregivers

- Hospitals need to distinguish caregivers from visitors and create specific visitation policies
- Not permitting caregivers in the hospital/doctor visits can negatively impact the quality of care, mental health, and health outcomes for the care recipient
- Looking back, experts say there is a lot to be learned about the importance of visitation, as well as clear communication
Limited Community Services

- Mandated closures of Adult Day Service Centers (ADCs) and other community based long-term care services impacted working caregivers and older adults who relied on these programs
  - Decline in participant Physical/Cognitive/Mental health, as well as increased strain on caregivers
- Services were creative despite restrictions by implementing virtual programs and door visits
  - Demonstrated resilience and creativity to meet the needs of older adults in the community

Technology Advanced

Technology adoption accelerated by 5 to 10 years!
Telehealth is a New Normal

- Usage increased from 11% in 2019 to 46% of consumers now using telehealth to replace cancelled healthcare visits

- Utilization was 78 times higher in April 2020 than in February 2020

- 58 percent of physicians continue to view telehealth more favorably now than before the pandemic

More Care at Home

"There’s almost nothing that won’t eventually move to the home"
-Health System Executive

Home is the next care frontier and family caregivers are becoming more important than ever
An estimated 48 million family caregivers in the United States provided **34 Billion hours** of unpaid care to older adults in 2017.

In 2020, caregivers provided about **24 hours** of care to their care recipient each week.

Due to the pandemic, **two-thirds** of working caregivers say they are spending more time caregiving.
Stress

Caregivers report physical and emotional strain

• **1 in 4** found it difficult to take care of their own health (23 percent)

• **8 in 10** caregivers say the pandemic has increased their overall level of stress, especially now with many workplaces reopening

• **2 in 10** reported feeling alone (21 percent)
Out of Pocket Costs

NEW REPORT: FAMILY CAREGIVERS STRUGGLING FINANCIALLY
The Credit for Caring Act Could Help

$7,242
Average Out-of-Pocket Expenses for Family Caregivers in 2021

$10,525
Average expenses for caregivers with two or more work-related strains

Family Caregivers in the U.S. Provide $470 Billion in Unpaid Care
More than three in four family caregivers (78%) are incurring out-of-pocket costs as a result of caregiving

26%
Family caregivers are spending, on average, a quarter of their income on caregiving activities

Breakdown of Costs

- **Average annual caregiver expense:** $7,242
- **Household expenses:** $3,791
- **Medical expenses:** $1,225
- **Caregiver personal spending (respite, travel, etc.):** $1,058
- **Personal care expenses (for recipient):** $768
- **Recreation, education, legal and other expenses:** $400
Supporting Caregivers is Bi-Partisan Federally…
...And in States

Red = States enacting legislation or regulations in areas supporting family caregivers

Source: AARP Tracking 2021
Credit for Caring

• Bipartisan legislation that would provide up to a $5,000 nonrefundable federal tax credit for eligible working family caregivers
Workforce

• The American Jobs Plan: $2 trillion infrastructure proposal includes help for older Americans to remain at home, better afford high-speed internet, and have safer and more accessible streets/transit systems
  – $400 billion to expand access to quality, affordable home or community-based care
• Multiple states are addressing workforce with 3 passing legislation in 2021.
Home and Community Based Services

- States can receive increased funding issued through the American Rescue Plan Act of 2021 (ARP)
  - Would expand access to home and community based services (HCBS) for Medicaid beneficiaries
  - Increase health equity, positive health outcomes, and community integration
- Majority of states are addressing Home and Community Based Services with 17 passing legislation in 2021

The Future of Caregiving
The Future of Caregiving is…

Visible
Diverse
Multi-Generational
>1 Care Recipient

Costly
Time
Stress
Money

At Home
Complex care
Connected
Community Providers
Innovation

Empowered
Work
Care Settings
Political
Resources

AGE of Central Texas

AARP:
Caregiving Resource Center:
www.aarp.org/caregiving
Caregiver Financial Workbook
Family Caregiving Facebook Group

Medical Task Caregiver Videos
www.aarp.org/ppi/initiatives/home-alone-alliance/family-caregiving-videos/

AARP Texas State Office
https://states.aarp.org/contact-aarp-texas
Thank You
family caregivers!

Questions?
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